Franklin County Sandlot Football Assn.

Football Policies & Procedures

 **Eligibility**

1. Each participant must register with the Franklin County Sandlot Football Ass. (FCSFA) and must be residents of Franklin County or attend Franklin County School.
2. The participant must provide a copy of their birth certificate.
3. The participant must be at least six (6) years old, and not more that twelve (12) years old, on or before September 30th of the registration year.
4. Divisions are determined by age. Players will play in the division according to their age level for the fall football season. The only variations are as follows:

 1. The player does not make weight. (Ages 8, 10, and 12).

1. Players cannot be added after August 15th, unless they move into town after this date. No player can be added after first regular season game.
2. Transfer of players during the season is forbidden. The team the player plays on first is the team the player plays on the entire season.
3. Players must play at least half of their team regular season games to be eligible to participate in the playoffs. ( exception: injury, long illness)

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| **DIVISION** | **AGE** | **WEIGHT** |
| BIDDY | 6 | UNLIMITED |
| PEE WEE | 7/8 | 8-cannot weigh more than 110 exception restricted position |
| LITTLE LEAGUE | 9/10 | 10-cannot weigh more than 125 exception restricted position |
| JUNIOR LEAGUE | 11/12 | 12- cannot weigh more than 130 exception restricted position |

Restricted position players are required to line up as down line man from tackle to tackle on line of scrimmage. May never advance the ball and should be instructed to go to the ground if they ever come into possession of the ball. Restricted position players are required to wear a number from 60-69.

**Teams**

1. All participants will be assigned to teams according to their age and school district.
2. Each team will have a maximum of thirty-on (31) and a minimum of sixteen players (16) players. Any deviation of roster must have the approval of the Athletics Division.
3. A team must use regular season roster in any and all post-season games. The football Coordinator and Board must approve any changes to the regular season roster.
4. Team roster must be filed with the Roanoke County Parks and Rec. by the end of July.

**Player Participation Rule**

1. All players listed on the roster and at the game MUST have a minimum of five (5) plays per half. Total of ten (10) plays per game.
2. Punts, kick-offs, and PAT’s and penalty plays Do Not Count.
3. The only exception without a “Player Participation Form” will be in case of injuries.
4. The minimum playing time will be enforced through team coaches and parents.
5. Penalties
6. First Offense- forfeiture of game and coach suspended for the next game (1 game).
7. Second Offense- Forfeiture of game and coach suspended for the year
8. All suspensions will roll over into the next season.
9. The Board will appoint a new coach to a team in case of suspension or termination. An assistant coach will be considered but it is not a given that as assistant coach will ultimately be the coach that receives the team.
10. Any player, who is injured and cannot play further in a game, must remove their shoulder pads, thus eliminating any confusion in the player participation rule. (The head coach should forward an “Accident report” form to the President if a player seeks medical attention.)
11. Players must attend at least half (1/2) of their teams practices to be eligible to play in regular season games; unless due to illness or injury.

 Equipment

1. Sign- up fee should be paid before equipment is handed out.
2. Coaches’ equipment will be issued at coaches meeting.
3. Coaches must be responsible for turning in all equipment issued to their team by the FCSFA.
4. Equipment return should be as soon as possible after your last game.
5. Failure to return equipment may result in a forfeiture of future coaching position.
6. Each player must wear approved helmet, mouthpiece, shoulder pads. If player wears own equipment coach is responsible to make sure it is approved. Helmets must be recertified every two (2) years. Football pants with all pads in pants. Mouthpieces cannot be clear or white and cannot be chewed off around the ends.
7. Cleats: No shoes with removable metal or plastic cleats will be permitted.
8. Nothing may be worn that, in the opinion of the officials, restricts the ability to see a player’s eyes.
9. Football sizes:
10. Biddy League-K2 size or equivalent
11. Pee Wee League- K2 size or equivalent
12. Little League-TDJ or equivalent
13. Junior League- TDY or equivalent

 Coaching Staff

1. In an attempt to provide adequate instruction and attention to each participant, each team will have a head coach and a minimum of two (2) assistants and recommended a maximum of four (4) assistants. Total not to exceed five (5) coaches including head coach.
2. All coaches are required to file an application with the FCSFA each season.
3. All coaches will require certification by the National Youth Sports Coaches Association (NYSCA).
4. The Parks and Recreation Dept. will process a criminal background check on all coaches. All information obtained will be confidential.
5. The President of FCSFA will take all coaches application.
6. All coaches will be responsible for seeing that the team’s coaches, players, and parents conduct themselves in a manner as to attain the mission, and adhere to the objective of this organization.
7. Each coaching staff must have at least one (1) coach in attendance at the annual mandatory coaches meeting organized by the Roanoke County Parks & Recreation Dept.

 Head Coach

1. All head coaches will be responsible for seeing that the assistant coaches, players’ fans, and player’s parents conduct themselves in a manner as to attain the mission, and adhere to the objective of this organization.
2. Will be responsible for the conduct of their coaching staff, players, fans, and parents at games. Failure to maintain control will result first in penalties, and then possible forfeiture of the game.
3. Will be responsible for obtaining medical care for players injured during games or practices if parents are not present. Parents will sign forms ahead of time to allow for medical care. **Coaches must have the medical release forms immediately available at all practices and games.**
4. Will be responsible to recruit and enlist assistant coaches. FCSFA will assist in finding, and placing assistant coaches if help is needed, but ultimate responsibility to assemble a coaching staff lies with the head coach. FCSFA must approve all assistant coaches.
5. Must report injuries that seek medical attention to the President on the provided “Accident Form”.
6. Must attain assistance from parents for:
7. Setting up the game field
8. Taking down and storing field equipment
9. Chain crew for home games
10. Ensure team area and sidelines are cleaned following each game
11. Will ensure all assistant coaches are certified by the NYSCA before first practice.
12. Must be responsible for turning in all equipment issued by FCSFA.
13. Should keep attendance records at practices for every player.
14. Will select a first assistant that will be in charge in their absence.
15. All practices sites and times must be run through FCSFA. FCSFA representative will check with Franklin County Parks & Recreation. Practice schedule must be submitted to Football Co.
16. Must report to the Football Coordinator any player who drops out of the program, within forty-eight (48) hours.
17. Will not leave participants alone on the field or practice sites, unless supervised by a certified assistant coach.
18. Must inform the President in writing on the FCSFA “Player Participation Form” if a player will not be or was not allowed to participate in a game. Specific reason(s) must be given to justify said action.
19. Will be responsible for seeing that assistant coaches fulfill duties and responsibilities as listed under all coaches’ responsibility.
20. In order to guarantee good communication all head coaches must have a home and cell number and make that number available.
21. Shall be responsible for fully supporting the FCSFA fundraisers and other FCSFA sanctions activities and assuring that members of their team fully supports and participates in, FCSFA activities.

 All Coaches Conduct

1. The FCSFA regards bad sportsmanship unnecessary and completely intolerable. Coaches are constantly being monitored and are considered role models, and will be held to an extremely high standard.
2. All FCSFA coaches are required to demonstrate positive sportsmanship in respect to their players, team parents, opposing team’s players, parents, and game officials. Coaches who are unable to demonstrate proper sportsmanship may be suspended from further coaching in the FCSFA.
3. Coaches are responsible in assisting referees with the sportsmanship of all playing and non-playing teams’ members, as well as spectators, and fellow coaches.

 All coaches Responsibilities

1. Will teach each player the rules and fundamentals of football.
2. Will stress the fact that football is a team effort.
3. Will teach and encourage good sportsmanship by players.
4. Will treat all players equally.
5. Will not physically or verbally abuse any player.
6. Will be responsible for checking safety of player’s equipment and having equipment replaced if necessary in the coach’s judgment.
7. Will teach player’s proper care of equipment.
8. Will provide or be certain that water or drink, is available for every child.
9. Will be responsible for keeping practice fields clean and safe.
10. Should not administer medication.
11. Will line up all participants at the 50 yard line after the game to shake hands with the opposing team, in order to demonstrate good sportsmanship.

 Practices

Practice is defined as a gathering of players, prospective players, a team or individual players on a team to discuss the subject of football, to views films of football, to exercise, or to study football.

1. Conditioning practice may begin August 1st. Each player must have four (4) days of conditioning without pads, but may wear helmet. (Parent meeting can be prior to this date).
2. Coaches will check the safety of each participant’s equipment before contact work begins and require replacement of unsafe items,
3. Mouth pieces must be worn during all contact work.
4. Practice can be held on any day except on schedule game days. Teams may not practice or scrimmage more than four (4) times a week when school is not in session and two (2) times a week when school is in session.
5. Practices must not exceed two (2) hours and only one (1) practice can be held per day.
6. Teams may not practice more than once in a 24 hour period.
7. Teams may not practice when the temperature is 100\* or more.
8. Teams may not practice in pads when the heat index is 100\* or more.
9. Conditions of participant must be watched, especially during hot weather. Frequent breaks will be provided throughout practice for water.
10. Practice will stop immediately if in the coach’s opinion, deteriorating weather (lightning, wind, etc.) might cause injury to the participants.
11. Scrimmages or games played during the week will be considered and counted as practice
12. Scrimmages are only permissible when conducted between two (2) football teams in the same divisions.
13. Scrimmage between two (2) different divisions 7/8 and 9/10 against each other, are ABSOLUTELY NOT TOLERATED.

 Game Warm ups and Completion

1. In order to start on time, teams will meet and warm up prior to coming on the playing field unless the field is clear from the prior game.
2. Pre-game warm-ups will not exceed one (1) hour prior to schedule game time.
3. Teams will clear the field immediately after their game is completed in order to allow the following game to start on time.

 Game Suspension, Postponement, and Cancellations

1. Prior to kickoff of any Roanoke County Youth Football league game, the decision to postpone or cancel the game is solely that of the locality that the game is being played in.
2. After kickoff, the referee may suspend the game temporally when conditions warrant such action. The referee may declare and charge himself with a timeout for any contingency not elsewhere covered by the rules.
3. When the game is stopped by actions of a person(s) not subject to the rules or any other reason not in the rules and cannot continue the referee shall:
4. Suspend play and direct the players to their team area or off the field in the case of threatening weather.
5. Resume the game when they (the referee) determine conditions satisfactory.
6. Most localities have a severe weather policy.
7. If a game may not be resumed immediately after suspension, it shall be terminated and resumed at a later time only after being rescheduled by Roanoke County Parks & Recreation Dept.
8. A suspended game if resumed will begin with the same time remaining and under the identical condition of down, distance, and field position.
9. The league will attempt to reschedule all games not resumed or cancelled.

 Forfeits

1. Any team not fielding eleven (11) starters within five (5) minutes after the scheduled game time will forfeit the game. If neither team fields the requisite amount of players a loss will be counted against both teams.

 League Rules

 Games will be played according to the National federation of State High School rules except for the provisions listed below:

1. Regular season play will begin in August. Maximum number of games is ten (10). Number of games will be up to the discretion of the Roanoke County Parks & Recreation Dept.
2. Weigh-ins will be set by Roanoke County Parks and Recreation Dept. All 8, 10, and 12 year olds must weigh. If a player cannot make weight he can move up to the next league or play on the same league in a restricted position. Restricted position players should wear a jersey number 60-69. No one may challenge a player’s weight after season starts. There will be a mid season weigh in.
3. Game Lengths:
4. Biddy League- Two (2) 30 minute halves running clock. Clock only stops on timeouts and serious injuries.
5. Pee Wee, Little & Junior Leagues- Four (4) Eight (8) minute quarters.
6. Scoring- Touchdown six (6) points: Safety two (2) points: Field Goal three (3) points, point after touchdown (PAT) two (2) points for kicking, one (1) point for run or pass. If PAT is a kicking attempt, then the ball will be placed 3 yards off of end line and ball may be kicked up to 7 yards from the spot of the ball. If a team decided to run for the PAT, then the ball will be placed on the three (3) yard line. Fake or muffed field goals or PAT’s are allowed in all leagues, but must be within the end zone boundary lines before advancing past the end line. (Ball must advance beyond end line). No passing allowed in fake PAT. Penalty is loss of down.
7. Standings- A tie in final league standings will revert to who defeated who during the regular season play. If teams split or if more than two (2) teams are tied, the tie will be broken by drawing out of a hat or coin toss.
8. If a field goal attempt is blocked the ball will be placed on the original line of scrimmage. Ball becomes dead and cannot be advanced.
9. Biddy League:
10. One (1) coach per team is allowed on the field and is not allowed to interfere with play of the game. Only verbal instruction. Violations will result in a 15 yard penalty. After the half point in the season, coaches will be only allowed on the field the first half.
11. One (1) time out per half (game clock will not stop on time outs).
12. NO standings will be kept.
13. NO playoff or Super bowl play.
14. Pee Wee League-Punting: No rushing of punter. Coaches notify referee that his team will punt on fourth (4th) down. The defense cannot rush until an attempt has been made to punt the ball. There will be a minimum of seven (7) defensive players on the LOS and seven (7) on the offensive LOS. The team punting the ball cannot hold the ball more than ten (10) seconds after the punter has received the ball. (Penalty: Delay of game). Rushing the kicker on PAT”s in Pee Wee league will be allowed.
15. Twenty-four (24) point Rule- If a team is ahead by 24 points at anytime during the first 3 quarters, the team that is trailing will take possession of the ball on the opposing team’s ten (10) yard line. The trailing team will have 4 plays to score. If they do not score the winning team will get the ball on their own ten yard line. This will continue until the score is less than 24 points in which the game will return to normal. In the event of a turnover, the play will be allowed to continue as normal. A regular clock will be kept.
16. If a team is trailing by more than 28 at any point during the fourth quarter, the game score will be considered final. A controlled scrimmage will be played with the remainder of the time on the clock. The trailing team will get the ball on their 20 yard line with 4 plays to score or get a first down. The teams will switch back and forth until the game time has expired. A regular clock will be kept but not the score. In the event of a turnover, the play will be allowed to continue as normal.
17. No jewelry of any kind is to be worn by any player. Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass unless covered on all exterior with no less than ½ inch thick, high density, closed-cell polyurethane or an alternate material of the same minimum thickness and similar physical properties to protect an injury. A medical release for the injured player signed by a licensed medical physician shall be available at the game site. ( See cast rule Physician’s release)
18. Coaches are responsible for the fans and spectators. Fans and spectators must stay in the stands when games are being played in football stadiums. In County Parks fans and spectators must stay behind the white line. Coaches and game officials will police this. **Penalty**- fan or spectator, one warning and then removed from the park or stadium.

 Football Parent/Guardian Responsibilities

1. Parents are asked to comply with the “Parents Code of Ethics” outlined in the FCSFA Policies and Procedures.
2. Parents/Guardians are expected to cooperate with the coaches and officials and support them in their endeavor to teach good sportsmanship and manners.
3. Parents/Guardians must see that their player is in uniform for all games and FCSFA activities.
4. Parents /Guardians must see that their player has transportation to and from practices and games. Be sure that your player arrives at the team’s designated playing field and is picked up on time.
5. Parents/Guardians should attend games and show enthusiasm for players.
6. Parents/Guardians are expected to ensure their players remain on the sidelines for the duration of the game.
7. All communication during the game must go through the coaches.
8. Notify the Board, immediately with any concerns regarding any head and or assistant coach.
9. Failure to comply with the above policies could result in suspension of child in future FSCFA events.